

## EATING FOR HEALTHY BLOOD! GETTING ENOUGH IRON

### Iron-Rich Foods Build Healthy Blood and Healthy Blood Helps You Feel Good!

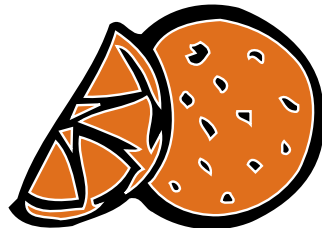
So do what it takes to have healthy blood by eating more of the iron-rich foods you like.

### What Happens If You Don't Get Enough Iron?

- ☐ The amount of iron in your blood gets low. This is called “iron deficiency anemia” or just “anemia.” Some people call this “low blood.”
- ☐ If you are anemic, you may be weak, tired and grouchy. You may get sick and catch colds more easily. You won't feel as good or look as good as you could.
- ☐ Your baby may not grow as much as he/she should.

### Getting Your Iron Level Up: Things To Do

- ✓ Eat meals with different kinds of foods! At two of your meals, eat at least a small amount of meat, chicken, turkey, or fish.
- ✓ Cut **way** down on junk foods and soda pop!
- ✓ Eat foods high in Vitamin C. Drink juice with cereal. Eat salads and vegetables with your meals. Have fruit for dessert.
- ✓ Remember to take any vitamin or iron pill your health care provider prescribes.
- ✓ Take your vitamin or iron pill with a Vitamin C-rich juice or on an empty stomach.



### Foods High In Iron

The foods highest in iron include:

- Lean cuts of beef, pork, or lamb
- Liver: chicken, beef, pork
- Dark meat of chicken and turkey
- Wild game: deer, buffalo, elk
- Fish and shrimp

Here are some other foods that provide iron. They should be eaten with one of the foods high in iron or a food high in Vitamin C.

- Peanut butter, peanuts, and nuts
- Dry beans, dried or canned, all kinds
- Peas, like blackeyed peas, field peas
- Lentils
- Greens: mustard, turnip greens, spinach
- Broccoli
- Raisins, dried apricots, prunes and prune juice
- Iron-fortified cereals

Some ways to get more iron from these foods:

- Drink orange juice with your peanut butter sandwich
- Cook greens with smoked turkey or lean pork
- Put lean ham in your bean soup

### I WANT HEALTHY BLOOD FOR ME AND MY BABY!

I Will Try:

1. \_\_\_\_\_
2. \_\_\_\_\_



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